



3 Forests
interpretive association

JR. WILDERNESS RANGERS

Hi, I'm ZEUS!
I HELP OUT THE
WILDERNESS RANGERS
HERE ON THE STANISLAUS
NATIONAL FOREST

**ZEUS
ON THE
LOOSE**



Hi, I'M ZEUS!
I HELP OUT THE WILDERNESS
RANGERS HERE ON THE
STANISLAUS NATIONAL
FOREST. YOU CAN HELP TOO!
FOLLOW ME THROUGH THIS
BOOK TO BECOME A JUNIOR
WILDERNESS RANGER AND
LEARN HOW TO LEAVE NO
TRACE WHEN YOU VISIT
THE WILDERNESS!



What is Leave No Trace?

Leave No Trace is a group of seven skills that you can learn to take better care of the wilderness. These skills are:

1. Know before you go
2. Choose the right path
3. Trash your trash
4. Leave what you find
5. Be careful with fire
6. Respect wildlife
7. Be kind to other visitors





**DID YOU
KNOW?**

THE STANISLAUS NATIONAL FOREST IS HOME TO THREE WILDERNESS AREAS. THEY ARE THE CARSON-ICEBERG, THE EMIGRANT, AND THE MOKELUMNE.

What Is a Wilderness?

I'm glad you asked! Wilderness is a place where we let nature be itself with as little change from people as possible. Without any roads, motors, or buildings nearby, being in a wilderness lets you have a unique all-nature experience!

Which Wilderness?

The Stanislaus National Forest is home to three wilderness areas? They are the Carson-Iceberg, the Emigrant, and the Mokelumne.

Which wilderness are you going into?

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1. Know Before You Go!

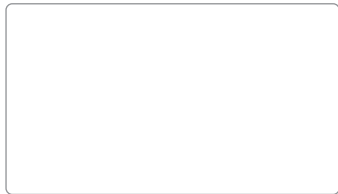
Be prepared! Be smart about what you pack and know where you plan to go!

List and draw five items below that you think are the most important to put in your backpack.

1.



2.



3.



4.



5.



Wilderness Permit

It's important to plan where you're going—let your friends back home know about your plan. Ask your trip leader about your plan to help you fill out this permit just like a Wilderness Ranger would!

 Group Leader Name

 Wilderness Area

 Entry Date

 Entry Trailhead

 Exit Date

 Exit Trailhead

 How Many in Group

Group leader must have this permit in possession during stay in wilderness area. Remember:

- ◆ No fires above 9,000 feet
- ◆ Pack it in, pack it out! Keep it Wild!
- ◆ Please camp 100 ft (**50 BIG STEPS**) away from water, trails, and any posted signs.

Itinerary

 Destination 1

 # of Nights

 Destination 2

 # of Nights

 Destination 3

 # of Nights

 Group Leader Signature

 Date

2. Choose the Right Path



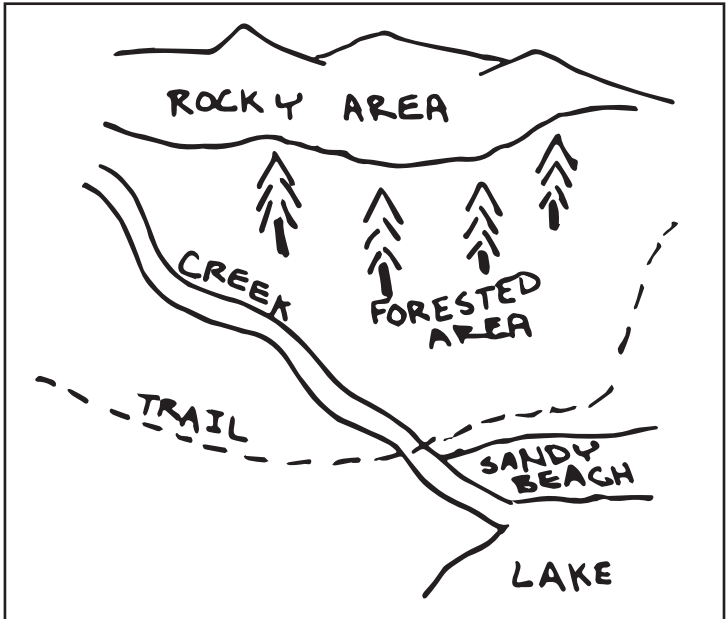
The best way you can protect the wilderness is by staying on the trails! If you do go off-trail, try to stay on rocks so you don't squish any plants.



The same goes for your campsite! Try to setup your tent on the forest floor, granite, or sand, and make sure you're at least **50 BIG STEPS** (about 100 feet) away from any water source.

If you need to wash dishes, make sure you do that far away from the water too!





AS A JUNIOR WILDERNESS RANGER, WHERE WOULD YOU SUGGEST I MAKE MY CAMPSITE? PUT AN X ON THE MAP ABOVE WHERE YOU THINK THE BEST CAMPSITES WOULD BE.

3 & 4: Trash Your Trash and Leave What You Find

Everyone poops! In the wilderness, make sure you dig a cat hole at least 6 inches deep that is 50 big steps away from trails, water, or campsites. Bring a special baggie with you to put your used toilet paper in so you can pack it out!



Cross out (draw an X on) all the things below that you should pack out when you leave the wilderness. Hint: trash in the wilderness is not just wrappers and foil—it's also orange peels and cherry pits!



Did you cross out the arrowhead or the horseshoe? Historic items are protected too! Make sure that the only things you pack out are the things you packed in!

Trail Condition Report

Wilderness Rangers use Trail Condition Reports to get information about trashed campsites, stream crossings, and whether there's snow or downed trees blocking a trail. Complete a trail report for a trail you've hiked on your trip so far!

Trail Condition Report

Trail Name

Reported By

Date

Location	Description
Notes:	

5. Be Careful with Fire



CAMPFIRES CAN WARM AND COMFORT YOU WHEN YOU'RE CAMPING IN THE WILDERNESS ON COLD NIGHTS AND YOU DON'T HAVE THICK FUR LIKE ME! REMEMBER THE THREE THINGS BELOW IF YOU MAKE A CAMPFIRE DURING YOUR TRIP.



Location: Use an existing fire ring at least 50 big steps from water and not under any trees.



Size & Fuel: Use small dry branches that you collect from the ground and keep the fire small.



Out Cold: Burn the wood all the way to ash, then drown it with water, stir the coals, and feel with the back of your hand to see if it's cold. If it's still warm, repeat!

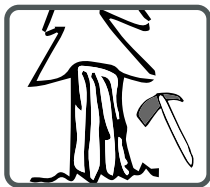
Can you help me choose the best options for building a fire at our camp tonight?

Circle the right choice in each row below.

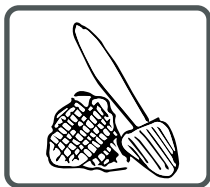
Location



Size & Fuel



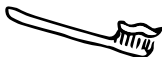
Out Cold



Thanks for helping to keep the forest safe by making good choices for your campfire!

6. Respect Wildlife

I RESPECT WILDLIFE BY KEEPING MY DISTANCE AND STAYING ON MY LEASH OR UNDER MY OWNER'S CONTROL. YOU CAN PROTECT WILDLIFE BY SAFELY STORING YOUR FOOD AND ANYTHING WITH A SCENT. DRAW A LINE CONNECTING THE ITEMS BELOW THAT NEED TO BE STORED SAFELY TO THE BEAR CANISTER.



YOU AND I CAN BOTH RESPECT WILDLIFE BY TRYING TO BE QUIET!

TAKE 5 MINUTES TO LISTEN TO YOUR SURROUNDINGS. NO TALKING!
SOMETIMES CLOSING YOUR EYES HELPS.

WRITE DOWN THE DIFFERENT SOUNDS YOU HEAR, LIKE A BIRD
CHIRPING OR A RIVER FLOWING, IN THE LEFT-HAND COLUMN.

WHAT ARE SOME WORDS THAT DESCRIBE HOW THESE SOUNDS MAKE
YOU FEEL? WRITE THEM IN THE RIGHT-HAND COLUMN.

What is the sound? Who or
what makes it?

How does it make
you feel?

7. Be Kind to Other Visitors



WHEN I'M AT HOME, THERE'S LOTS OF LIGHTS AND SOUNDS. I GO TO THE WILDERNESS TO GET AWAY FROM THAT! HAVE YOU BEEN ABLE TO GET AWAY FROM IT ON YOUR TRIP? ANSWER THESE QUESTIONS BASED ON YOUR CAMPSITE.

How many other tents can you see? _____

Can you hear any other campers? _____

If yes, are they loud or quiet? _____

After dark, how many man-made lights (like flashlights or campfires) do you see? _____

Can you smell campfires from other campers? _____

Wilderness Rangers use the answers to these questions to determine the level of solitude—or peace and quiet—in that area of the wilderness. Circle the level you think you have at your campsite on the next page.

LEVELS OF SOLITUDE:

1: THERE'S FEW PEOPLE AND THEY LEFT LITTLE BEHIND

2: THERE'S PEOPLE AROUND, BUT IT'S STILL PRETTY PEACEFUL

3: I CAN SEE OR HEAR OTHERS, BUT MY CAMPSITE IS STILL PRIVATE.

4: MY CAMPSITE ISN'T QUIET OR PRIVATE. THERE'S PEOPLE OR NOISE ALL AROUND!

Wilderness Rangers also study how people are using the trails by counting how many people do different activities. Try it! Keep a tally today of the people you see on the trail.

Day Hikers	
Backpackers	
Horseback Riders	
Total:	





Congratulations!
Now you know
everything you need
to know to protect
the wilderness and
Leave No Trace!
Thanks for all your
help!

One of the most important tools a Wilderness Ranger brings with them is a notebook!

These next few pages are for you to reflect on your trip. You can write, draw, press a leaf in the pages, or whatever else you'd like to remember your visit to the wilderness!

If you need help, I left some ideas on the corners of the pages.

Your Wilderness Journal

Date:

Location:

Notes:



Your Wilderness Journal

Date:

Location:

Notes:

Describe
or draw a
flower you
saw today!



Your Wilderness Journal

Date:

Location:

Notes:

What have
you tasted,
touched, heard
or smelled
today?



THIS CERTIFICATE SHOWS THAT _____
(your name here)

HAS COMPLETED ALL THE ACTIVITIES NECESSARY TO BECOME A
STANISLAUS NATIONAL FOREST

JR. WILDERNESS R A N G E R

DATE _____

RANGER SIGNATURE _____

Congratulations!

